

WINNIPEG

metro



Fish taken out of water no fish out of water

Polypterus able to adapt to living solely on land **PAGE 7**

One year after 'rape chant' incident

St. Mary's University unveils new Welcome Week **PAGE 11**

'I LOVED WINNIPEG ... THANK YOU VERY MUCH'

FORMER BLUE BOMBERS' COACH DAVE RITCHIE AMONG ALUMNI TO BE INDUCTED INTO CFL CLUB'S HALL OF FAME **PAGE 21**

Leaders call for forum on native women's plight

Feds invited. Aboriginal leaders, premiers want to 'open up the first line of discussions' on missing, murdered aboriginal women

Tina Fontaine

The demand for federal action comes less than two weeks after the body of 15-year-old aboriginal girl Tina Fontaine was found in the Red River in Winnipeg.

Canada's premiers and aboriginal leaders are inviting the federal government to participate in a roundtable to address the high number of native women who are missing and murdered.

Premier Robert Ghiz of Prince Edward Island said while the premiers and native leaders would still like to see a public inquiry, they agreed to a compromise in the hopes of federal involvement.

"If we know we're not going to get somewhere, there's no point in us putting our head in

the sand and saying, 'OK, we're done with it,'" Ghiz said Wednesday after hosting a meeting with aboriginal leaders and his provincial counterparts in Charlottetown. "We believe that it's better to compromise and open up the first line of discussions rather than to just sit back and say, 'Well, I guess we'll wait for the next election and see what happens.'"

Ghiz said he would like to see federal cabinet ministers such as those in the portfolios of justice and aboriginal affairs

participate in the roundtable, though he added the proposal was still preliminary.

Prior to the meeting, Saskatchewan's Brad Wall expressed his support for the idea.

"I don't think anyone wants another ponderous, interminable process where we don't have action and results," Wall said.

Wall said the provinces have already set up something similar for health-care innovation. He said the forum should look at the justice system, First Nations education and also focus on the responsibilities of aboriginal groups.

The premier said there have been 29 studies and reports on aboriginal issues since 1996 that have produced more than 500 recommendations, adding that the forum could look at what action has been taken on those ideas. **THE CANADIAN PRESS**



GAS LEAK STOPS TRAFFIC ON PORTAGE AVENUE

NewPort Centre at 303 Portage Ave. had to be evacuated and the major thoroughfare itself was closed at Hargrave Street, when workers cutting cement in a back lane behind the office building hit a gas line shortly after 9 a.m. Both Hargrave Street and Portage Avenue were reopened to traffic by mid-afternoon. **SHANE GIBSON/METRO**

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Steeves pledges unmanned drones for Winnipeg police

Surveillance, search, photography. Candidate says drones would cost fraction of new chopper



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Police could get more eyes in Winnipeg's skies if mayoral candidate Gord Steeves wins in October.

Steeves pledged Wednesday to arm local law enforcement with two unmanned aerial vehicles (UAVs), commonly known as drones, which would complement the police helicopter's work.

"The police helicopter would be the priority unit; the UAVs would support units when the helicopter was not available," he said during a

news conference at city hall.

Steeves said other police forces in Canada have already begun using UAVs to investigate crimes in process, track and surveil suspect vehicles, conduct infrared and lost-person searches, photograph crime scenes and take aerial photos of fires and grow-ops.

The drones are a cheaper alternative to another helicopter, added Steeves, citing that number to be about \$4 million, while a drone unit costs \$33,000.

Asked about citizens' privacy, Steeves said the UAVs would not be used for "general surveillance outside of a warrant scenario."

A spokesperson for the Winnipeg Police Service said police won't comment on specific campaign promises but, in general, welcome ideas that would enhance their ability to do their work.



Gord Steeves has pledged to provide Winnipeg police with two unmanned aerial vehicles, also known as drones.
BERNICE PONTANILLA/METRO

Havixbeck proposes frozen-pipe plan



Coun. Paula Havixbeck says she would buy more pipe-thawing equipment and invest in staff training. BERNICE PONTANILLA/METRO

Winnipeg should turn a recent wintertime headache into a business opportunity, mayoral candidate Paula Havixbeck said on Wednesday.

Havixbeck held a news conference at the city's Waverley Street complex to unveil her frozen-pipes plan, which includes working with the engineering department at the University of Manitoba and Canadian manufacturers' associations to create a "centre of excellence" here.

"(They're) key in getting

us the technology we need so that we can be that centre of excellence" said the councillor for Charleswood-Tuxedo.

"We shouldn't need to call smaller municipalities and ask them to borrow equipment."

Havixbeck added that 2,578 homes were recently left with frozen pipes.

"We saw our crews working 15-hour days, some with no days off for many weeks. This burns people out, and I'm very concerned."

Havixbeck said the city

could look at leasing or coming up with another alternative to purchasing pipe-thawing equipment.

The plan also includes fixing all remaining yards before winter, acquiring more pipe-thawing equipment and training staff.

Over the long term, Havixbeck said she'd like to see the city consult with contractors and developers to see if bylaws governing the depths of pipes need to be changed.

BERNICE PONTANILLA/METRO

1 NEWS



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Winnipeg man charged after gun mailed from U.S.

Posting heat.

53-year-old under arrest after handgun, ammo were discovered at Vancouver postal centre



SHANE GIBSON

shane.gibson@metronews.ca

A Winnipeg man is facing a number of charges after police say he tried to smuggle weapons into the city by sending them through the mail from the United States.

The investigation started in July when officers from the Canada Border Services Agency (CBSA) at the Vancouver International Mail Centre became suspicious about a package destined for an address in Winnipeg.

Inside the package, officers found a .22-calibre semi-automatic handgun, two magazines associated with the handgun and a stun gun disguised to look like a cellphone.

Police in Winnipeg were called in, and with help from the CBSA's Criminal Investigations Section and the National Weapons Enforcement Support Team, a suspect was identified and arrested in the Birds Hill area on Aug. 21.

Police later raided a Winnipeg address, where they found more evidence.



Const. Eric Hofley says police don't know what the man planned to do with weapons he mailed to himself.

METRO FILE

Police say the suspect, who has dual residency in Arizona and Manitoba, bought the weapons and ammunition in Arizona and shipped them to his Winnipeg address.

Const. Eric Hofley couldn't say what the man planned to do with the weapons once they got to Winnipeg, or whether he had mailed weapons from the U.S. before.

Cornell Jack Fontaine, 53, is charged with two counts of importing a prohibited or restricted firearm, device or ammunition and two counts of unauthorized possession of a prohibited device or ammunition.



Ace Burpee arrives safely after Red River paddle-board trek

Ace Burpee was greeted by fans at the Esplanade Riel Bridge Wednesday afternoon as he returned home from a harrowing six-day journey up the Red River from Emerson to Winnipeg on a stand-up paddle board. The radio host and Metro columnist made the trip, dubbed #SUPHERED on Twitter, to raise money for Special Olympics Manitoba and the Terry Fox Foundation. SHANE GIBSON/METRO WINNIPEG

Emerson. All-clear issued after train-car derailment

An evacuation order issued after two rail cars loaded with propane jumped the tracks in the Manitoba border town of Emerson has now been lifted.

The order affecting about 40 people ended early Wednesday morning after the cars were put back on the tracks without incident and roadblocks were removed.

RCMP said a total of four cars in a Burlington Northern Santa Fe freight derailed early Tuesday morning on a major line that crosses the

border into the United States, but there were no injuries, leaks or fires.

Firefighters and hazardous material crews stood by while rail workers cleared the accident scene, but people in several nearby homes were ordered to leave as a precaution.

Emerson Mayor Wayne Arseny said in an email statement that skilled workers and tired volunteers helped bring about a good ending to the emergency.

THE CANADIAN PRESS

St. Vital. Man in custody after woman dies in crash

A woman is dead and a man known to her is in custody following a crash involving a pedestrian in St. Vital Wednesday.

Police were called to the crash at the intersection of St. Mary's and St. Anne's roads shortly after 2:30 a.m. The pedestrian, a 35-year-old woman, was taken to hospital, where she later died.

The 35-year-old driver was taken into police custody for questioning.

Police said Wednesday that charges are expected and more information will be re-

leased Thursday.

Earlier Wednesday, a police spokesperson acknowledged the driver and the victim were known to each other, but didn't elaborate on their relationship or say whether the woman had been in the car prior to the crash.

Local media reported from the scene that beer cans could be seen next to evidence markers behind the police tape, but the spokesperson couldn't say whether alcohol is being considered a factor in the crash.

METRO

Pg. 293
impresses
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France questions IMF chief

Christine Lagarde.
Case involves payment to businessman in a dispute over the sale of his stake in Adidas

Christine Lagarde, the chief of the International Monetary Fund, was put under official investigation for negligence in a French corruption probe that dates back to her days as France's finance minister.

After a fourth round of questioning on Wednesday, Lagarde said she was returning to her work in Washington, and called the investigation "without basis."

Lagarde and her former chief of staff have faced questions about their role in an arbitration ruling that handed 400 million euros to Bernard Tapie, a flamboyant businessman, in a dispute over the sale of his majority stake in sportswear company Adidas in the mid-1990s. Tapie asked bank Credit Lyonnais to handle the deal. He felt the sale was mishandled and sued the bank, which at



IMF chief Christine Lagarde.
CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE

the time was owned by the French state.

At the heart of Lagarde's questioning was her role in the unusual decision to handle the case by private arbitration, rather than through the French legal system. Critics say the case should not have gone to arbitration because state funds were involved. Many also felt the deal was too generous, and was symptomatic of the cozy relationship between money and political power in France.

THE ASSOCIATED PRESS



Lennon's killer says he's sorry for being 'an idiot'

John Lennon, front, and Paul McCartney, perform during a Beatles concert in Cincinnati in this 1964 photo. Lennon's imprisoned killer Mark David Chapman told a parole board last week that he still gets letters about the pain he caused in his pursuit of notoriety nearly 34 years ago. "I am sorry for causing that type of pain," Chapman said, according to a transcript released Wednesday. "I am sorry for being such an idiot and choosing the wrong way for glory."

WALT BURTON/THE ASSOCIATED PRESS FILE

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Study: Hunger may be stunting Inuit kids' growth

Food insecurity. Paper published in Canadian health journal raises concerns of 'long-term implications' for kids in Arctic Quebec

Hunger among Inuit families is so prevalent in Arctic Quebec that it could explain why almost half their children are shorter than average, new research suggests.

A paper published in the Journal of the Canadian Public Health Association says the height discrepancy implies that food insecurity is a long-running problem — not just something that happens occasionally.

"The observed association between food insecurity and linear growth suggests that the diet quality and quantity of children from food-insecure households had been compromised for a long time," the paper says.

There have been numerous studies in recent years documenting food insecurity in the North, which is defined as occurring when a family feels there isn't enough on the table and either children or adults have to eat less as a result.

Wednesday's study by researchers affiliated with Laval University is believed to be the first to look into the physical consequences. They looked at 294 children between the ages of eight and 14 from several villa-

ges in Nunavik, the name for northern Quebec. About half of those children came from homes considered food-insecure. They found a high correlation between slow growth rates and food insecurity.

"Food-insecure children were significantly shorter in stature, by an average of two centimetres, than their food-secure counterparts," the report says. "For children of this age group, this is close to half a year's growth."

They also found children from hungry families tended to be more anemic.

"The results of this study raise concerns about the long-term implications of food insecurity for Nunavik," the report concludes.

THE CANADIAN PRESS



Hurricane Marie whipping up wicked waves

A boogie boarder rides a wave in Newport Beach, Calif., on Wednesday. Southern California beachgoers experienced surf much higher than normal, brought on as Hurricane Marie spun off the coast of Mexico.

CHRIS CARLSON/THE ASSOCIATED PRESS

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Researchers test adaptability of the 'walking' fish

Walk, don't swim.

Scientists have found the Polypterus fish is able to walk more efficiently if living exclusively on land

Research conducted at McGill University has studied the effect of a lifetime of walking on a certain type of fish.

The findings, published in the journal *Nature*, suggest much about the evolution of anatomy such as arms and legs.

"What we wanted to pin down was: If you change the environment of this fish, does it change its behaviour or does its anatomy change?" said Emily Standen, now at the University of Ottawa.



A *Polypterus senegalus*, or 'walking' fish, walks by using its fins and body for support. ANTOINE MORIN/THE CANADIAN PRESS

Her team started with a fish called Polypterus, a fish with both lungs and gills that can live in water or on land. Standen divided their fish into two groups — half on land, half in water. The team found the fish on land developed beefier muscles and became

more efficient walkers than their marine counterparts.


Standen said plasticity (a term scientists use to describe an animal's capacity to adapt) in this case indicates animals have an inherent ability to evolve and live in novel environments. THE CANADIAN PRESS



Burmese star tortoise born in Toronto Zoo

A Toronto Zoo employee holds a newly hatched Burmese star tortoise in Toronto in this recent handout photo. The Toronto Zoo has announced what it says is the first hatching of a Burmese star tortoise in Canada.

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Court overturns convictions against Amish

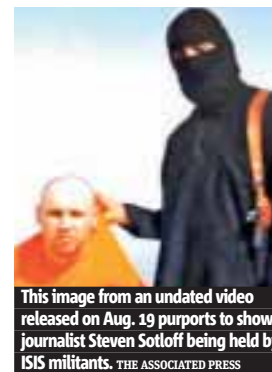
In this Monday, Oct. 10, 2011 photo, Sam Mullet stands in front of his Bergholz, Ohio, home. On Wednesday, an appeals court overturned the hate-crime convictions of 16 Amish in beard- and hair-cutting attacks on fellow members of their faith in Ohio. The 6th U.S. Circuit Court of Appeals in Cincinnati sided with arguments brought by attorneys for the Amish, who were convicted two years ago in five attacks in Ohio Amish communities in 2011. The attacks were in apparent retaliation against Amish who had defied or denounced the authoritarian style of leader Mullet. AMY SANCETTA/THE ASSOCIATED PRESS

Mother of journalist held hostage by ISIS appeals for release

Pleading for Steven Sotloff. The militant group has threatened to kill him unless the U.S. stops airstrikes in Iraq

The mother of an American freelance journalist who is being held hostage and threatened with death by militants of the Islamic State of Iraq and Syria (ISIS) pleaded for his release Wednesday in a video message to his captors.

Shirley Sotloff, who lives in the Miami area, addressed the leader of ISIS in seeking the return of Steven Sotloff, 31. Shirley Sotloff said her son shouldn't pay for U.S. govern-



This image from an undated video released on Aug. 19 purports to show journalist Steven Sotloff being held by ISIS militants. THE ASSOCIATED PRESS

ment actions in the Middle East over which he has no control, and that as a journalist he cared about the weak and oppressed.

"I want what every mother

wants: To live to see her children's children," she said.

Shirley Sotloff cited by name the leader of ISIS, Abu Bakr al-Baghdadi, who has described himself as a caliph intending to lead the Muslim world. She asks him to show mercy and follow the example of the prophet Muhammad in protecting people of Muslim, Jewish and Christian faiths.

The video was aired on the Al-Arabiya television network.

Sotloff was last seen in August 2013 in Syria. He was threatened with death by the militants demanding the U.S. to stop airstrikes on the group in Iraq. The same video showed the beheading of fellow American journalist James Foley.

THE ASSOCIATED PRESS

Q&A: Foreigners take up arms

Douglas McAuthor McCain, an American killed in Syria while fighting with ISIS, was part of a growing number of Americans and other foreigners recruited by terror groups to help them wage war in the Mideast.

White House press secretary Josh Earnest confirmed Wednesday that McCain was fighting for militants in Syria, joining thousands of combatants from around 50 countries. Some questions and answers about Westerners travelling to join the battle in Syria:

Who are these travellers?

FBI Director James Comey said in June that roughly 100 people had left the United States to join the conflict in Syria. His estimate came dur-

ing a visit to Minnesota, where several young Somali-Americans had lived before travelling to Somalia in recent years to help expel Ethiopian troops seen as invaders. Comey said the new wave of travellers to Syria was not coming from any particular part of the United States.

How do they get to Syria?

One thing that makes Syria such a problem is that it's so easy to get to, said Evan Kohlmann, who tracks terrorists and terror activity as chief information officer at Flashpoint



Douglas McAuthor McCain
THE ASSOCIATED PRESS

Global Partners. Turkey gets direct flights from the United States and Europe. From there, it's a short drive to the Syrian border, he said.

What motivates them?

Those who are lured to the fighting tend to be young men from 18 to 30 who are disenfranchised from society and withdrawn, said Minneapolis FBI spokesman Kyle Loven.

"These are individuals that are seeking a sense of belonging. They are seeking a higher purpose," said Colin Clarke, a political scientist at the RAND Corporation. "They believe that by travelling to fight with a group like (ISIS) they will be able to achieve martyrdom," he said. THE ASSOCIATED PRESS

Syria. Congressional approval may not be necessary for airstrikes: White House

One year ago, President Barack Obama was barrelling toward airstrikes in Syria when he abruptly announced that he first wanted approval from congressional lawmakers.

As Obama again contemplates military action in Syria, the White House is suggesting it may not be necessary to get a sign-off from Congress.

While cautioning that Obama has made no final decisions, officials say there is a difference between last year's effort to strike Syria's government, in retaliation for chem-

ical weapons use, and a bombing campaign against militants with the Islamic State of Iraq and Syria (ISIS) that is now under consideration.

"What we're talking about now is confronting a terrorist group that has sought safe haven in Syria," White House spokesman Josh Earnest said. "This is a group that poses a threat to Americans in the region."

There has been little clamour among congressional leaders for Obama to seek approval from Congress before proceed-

Airstrikes

Earlier this month, Obama authorized U.S. airstrikes against ISIS targets in Iraq. The militants have been moving with ease between Iraq and Syria.

ing with military action in Syria.

"I see no reason to come to Congress because, if he does, it'll just become a circus," said Democratic Congressman Steve Cohen. THE ASSOCIATED PRESS

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Uzi fatality stirs kids and guns debate

Girl, 9, kills instructor.

Comments on social media question why child was allowed to use automatic weapon

The death of a firing-range instructor at the hands of a nine-year-old girl bracing an Uzi submachine gun has set off a powerful debate over youngsters and guns, with many people wondering what sort of parents would let a child handle an Uzi.

As the girl opened fire at a target, the recoil wrenched the fully automatic weapon upward, and the instructor Charles Vacca, 39, was shot in the head and killed Monday at the Last Stop outdoor shooting range in Arizona.

Many on social media ex-

Pro-gun culture

Arizona has long had a strong pro-gun culture, including weapon ranges that promote events for children and offer people the thrill of firing weapons such as the Uzi, which are generally illegal to own.

pressed sympathy for the girl while questioning whether the adults at the gun range were to blame.

Sam Scarmardo, who operates the shooting range, said Wednesday that the girl's parents had signed waivers saying they understood the rules of the range and were standing nearby, video-recording their daughter, when the accident happened.

THE ASSOCIATED PRESS



TV show turns fatally real

A crime lab technician walks past bullet-riddled windows at a Wendy's in Omaha, Neb., Wednesday. A crew member with the Cops reality TV show was killed when police interrupted a robbery Tuesday night at the fast-food restaurant and opened fire on a suspect who also died, the production company behind the television show said Wednesday. NATI HARNIK/THE ASSOCIATED PRESS

Chicago lawsuit

Men claim driver ordered them out for kissing in cab

Two Chicago men sued a taxi company this week, alleging a driver tried to kick them out of his cab because they shared a short kiss.

The lawsuit contends Matthew McCrea gave Steven White, his boyfriend, a

one-second-long kiss during a ride from the airport, the Chicago Sun-Times reported. The men said the driver then pulled over on the expressway and ordered them out of the cab.

The driver, who is not named in the lawsuit, previously told the Sun-Times he pulled the car over to ask the couple to stop kissing, but he wasn't kicking them out. THE ASSOCIATED PRESS

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Israel's prime minister, Hamas both declaring victory in Gaza

Open-ended truce.

Badly battered Hamas remains in control of blockaded Gaza, with part of its military arsenal intact

Both Israel's prime minister and Hamas declared victory Wednesday in the Gaza war, though their competing claims left questions over future terms of their uneasy peace still lingering.

Israeli Prime Minister Benjamin Netanyahu's comments, delivered in a prime-time address on national television, appeared aimed at countering critics of the war, with both hard-liners in his governing coalition, as well as residents of rocket-scarred southern Israel, saying the

war was a failure because it did not halt Hamas' rocket attacks or oust the group from power.

Masked Hamas militants carrying heavy weapons gave their own address upon the rubble of one destroyed Gaza neighbourhood, though their own major demands won't be addressed until indirect talks with Israel begin again in Cairo.

Israel and Hamas agreed to an open-ended truce Tuesday, with each side settling for an ambiguous interim agreement in exchange for a period of calm. Hamas, though badly battered, remains in control of Gaza with part of its military arsenal intact. Israel and Egypt will continue to control access to blockaded Gaza, despite Hamas' long-running demand that the border closures imposed in 2007 be lifted.

Hamas is seeking an end to the Israeli blockade, including the reopening of Gaza's sea and airport. It also wants Egypt to reopen its Rafah border crossing, the territory's main gateway to the outside world. Under the restrictions, virtually all of Gaza's 1.8 million people cannot trade or travel. Only a few thousand are able to leave the coastal territory every month.

Israel, meanwhile, wants Hamas to be disarmed.

"Hamas was hit hard and it received not one of the demands it set forth for a ceasefire, not one," Netanyahu said. He said Israel "will not tolerate" any more rocket fire, and would respond "even harder" if the attacks resume.

Addressing the future of Gaza, Netanyahu said that should Palestinian President Mahmoud Abbas "choose peace," he would be happy

for the Palestinian leader to regain control of the coastal enclave, which the Islamic militant group Hamas has ruled since it routed Abbas' forces in 2007. Netanyahu indicated that so long as Hamas was in power, reaching a negotiated solution to the conflict with the Palestinians was impossible.

Critics have said that Netanyahu did not go far enough to topple Hamas and that the war, meant to end incessant rocket fire on communities in Israel's south, changed little on the ground at the cost of 70 people killed on the Israeli side, all but six soldiers. The war marked the third round of fighting since Hamas seized power in Gaza.

"Both sides did not exactly want this campaign, both sides made all possible errors dragging them into it, and both sides find themselves



Israeli Prime Minister Benjamin Netanyahu, left, declares victory during a news conference in Jerusalem, Wednesday. At right, a Hamas masked militant holds a weapon during a celebration in Gaza City. Both sides of the Hamas-Israeli conflict declared themselves winners Wednesday after agreeing to a ceasefire.

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS; RIGHT: ADEL HANA/THE ASSOCIATED PRESS

today returning to square one, where they were at the start of the warfare," wrote

Alex Fishman in the Yediot Ahronot daily newspaper.

THE ASSOCIATED PRESS

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Nunavut. Fire crews start work to extinguish Iqaluit's 'dumpcano'

Fire crews are getting ready to start pumping water on a fire in the Iqaluit city dump that has been smouldering since May.

"We're trying to set up and trying to put water onto this thing," fire chief Luc Grandmaison said Wednesday.

"We're putting all the equipment together and (hope to) be able to pump

from the sea."

The fire, known locally as the "dumpcano," has been burning deep within a massive pile of garbage.

The combustion is centred somewhere within untold numbers of household garbage bags, in a section of the dump about the size of a football field and up to four storeys deep.

THE CANADIAN PRESS

Baby-trafficking scandal

Head of Niger parliament flees country

The president of Niger's National Assembly has fled the country, after his immunity was lifted so he could be questioned about a baby-trafficking scandal that has shaken the country's political class.

A statement read out on

state television Wednesday night says Hama Amadou fled for neighbouring Burkina Faso. Amadou's wife, the country's agriculture minister, and 16 other people have already been arrested over their suspected links to the network involving the trafficking of babies from neighbouring Nigeria.

The announcement that Amadou had fled came just hours after members of Niger's parliament lifted his immunity. THE ASSOCIATED PRESS

Saint Mary's University looking for a fresh image

One year after the 'rape chant' incident.

The university has been implementing programs against sexualized violence

STEPHANIE TAYLOR

halifax@metronews.ca

Nearly one year after Saint Mary's University in Nova Scotia made national headlines for the infamous "rape chant" incident, student Katelyn McLeod believes it's time to move on.

"Just because of that one bad incident it put a black name on us," the fourth-year psychology major said Wednesday.

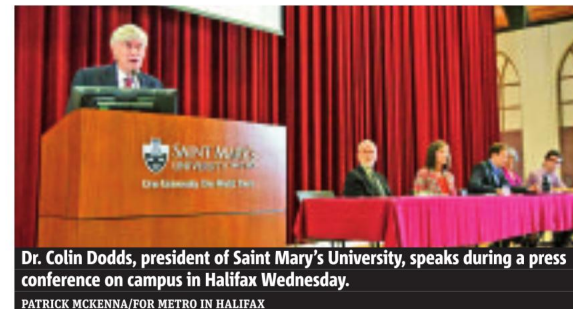
She described that following the aftermath of last year's event, where an Instagram video went viral

showing a group of frosh week leaders and students in a chant glorifying non-consensual sex with underage girls, the student body has been under fire by the rest of the community.

"Everyone around us judged us," she said. "As a student, when you say you are from SMU, everyone was like, 'Oh, were you a part of the (chant)?'"

But McLeod isn't the only one ready for a reputation change. In a press conference Wednesday, members of a university action team formed in response to last year's incident unveiled a number of new initiatives the university has launched to prevent sexualized violence on campus.

"Our commitment is to ... (the) promotion of a safe, inclusive, respectful working environment for our students, our faculty, our staff and the wider community," university president Dr. Co-



Dr. Colin Dodds, president of Saint Mary's University, speaks during a press conference on campus in Halifax Wednesday.

PATRICK MCKENNA/FOR METRO IN HALIFAX

lin Dodds told the crowd of reporters and community members.

Dr. Esther Enns, dean of the university's faculty of education, chaired the panel as they gave a sixth-month update on a list of 20 recommendations they were tasked with implementing last winter.

Creating more of an understanding around consent was one of the top priorities.

"(Consent) is a safety issue for us at the university, and

it's a safety issue at any university," she said.

Preparation

The newly named Welcome Week will feature more than 24 activities that prepare students for all aspects of university life — ranging from sessions on alcohol abuse to keynote speeches on diversity and sexuality issues.

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Canadians pay high price for paper bills, statements: Report

... Roughly \$500M high.

As much as \$102M in fees are being paid by low-income Canadians, seniors who don't have Internet access at home

Canadians are probably paying more than half a billion dollars a year to receive printed bills and bank statements by mail, suggests a report released Wednesday by the Public Interest Advocacy Centre.

The consumer research organization polled more than 2,000 Canadians and found about three-quarters of the respondents objected to being charged fees for paper copies of their bills and balances.

One in three said they were uncomfortable with making

New agreement?

On Thursday, the country's big telecommunications companies are set to meet with the CRTC about the issue, and an agenda suggests there could be a new agreement reached by the end of the day, with a media event to follow.

- Lawford said he's not feeling overly optimistic.

the switch to e-billing or online banking. About 43 per cent said they could recall being notified by at least one company that they would have to pay to continue receiving bills or bank balances by mail, and just over half of those survey respondents said they accepted the charge.

While there are no official

numbers disclosed by the banking and telecommunications industries stating how much money is being paid annually for paper bills and balances, PIAC estimates the total is "conservatively" between \$495 million and \$734 million, plus taxes. As much as \$102 million in fees are being paid by low-income Canadians and seniors who don't have Internet access at home or don't use computers, suggests the report, which was funded in part by Industry Canada.

John Lawford, PIAC executive director, said he'd love for companies to reveal exactly how much they collect for paper bills. "They don't want to release it because it's supposedly competitively sensitive, which I don't really think it is ... and then secondly I think it's embarrassing."

THE CANADIAN PRESS



Suzuki caught in spider web

Spiders have forced Suzuki to recall more than 19,000 midsize cars. The automaker says spider webs can clog a fuel vapour vent hose in some 2010 to 2013 Kizashi cars, cutting off air flow. If that happens, it can cause the gas tank to deform, causing cracks, fuel leaks and possible fires. The recall was prompted by seven reports of the problem. Service centres will replace the vent line with one that has a filter on the end. They'll also replace gas tanks if necessary. The problem hasn't caused any accidents or injuries in the U.S., Suzuki said in documents posted Wednesday by the National Highway Traffic Safety Administration. Owners will be notified this month. Those with questions can call Suzuki customer service at (800) 934-0934. GETTY IMAGES FILE

Outcry prompts shirt recall

Spanish fashion retailer Inditex said Wednesday it has withdrawn a children's shirt that triggered an outcry from people who said it was reminiscent of the clothes Jews were made to wear at Nazi concentration camps.

The long-sleeved shirt with horizontal dark stripes and a six-pointed yellow star on the left side of the chest prompted a storm on social media, with many people finding the shirt distasteful because it conjured up memories of the Holocaust.

"It was only on sale for a



Shirt withdrawn by Inditex SCREENSHOT

few hours, only online. It didn't hit the stores," said a spokeswoman for Inditex, which owns the chain Zara, where

the shirt was sold. "It was withdrawn this morning."

Inditex said the shirt was designed to be part of a Wild West clothing theme and the star was intended as a sheriff's badge and had "nothing to do with the Second World War."

Jews and others detained in the WWII camps by the Nazis were made to wear pajama-type clothing with dark vertical stripes. During the war the Nazis also made some Jews wear yellow stars on their chest as part of a discrimination policy. THE ASSOCIATED PRESS

Lacey Jonas

Lohan sued for publicity: Video game makers

The makers of the "Grand Theft Auto" video games say Lindsay Lohan sued to get attention when she asserted the games' latest installment features a character based on her.

In Manhattan court papers made public Tuesday, Take-Two Interactive Software Inc. maintain it was "filed for publicity purposes." THE ASSOCIATED PRESS

Online network

Quite a Twitch

Online network Twitch, which boasts 55 million monthly users — most of whom watch live and recorded footage of other people playing video games — has become one of the world's biggest sources of Internet traffic.

Amazon's commitment to purchase Twitch for nearly \$1 billion this week is an acknowledgement that the service's loyal fan base present enormous opportunity. THE ASSOCIATED PRESS

Market Minute

↑ DOLLAR
92.12¢ (+0.81¢)

↓ TSX
15,602.65 (-16.56)

↑ OIL
\$93.88 (+0.2¢)

↓ GOLD
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SLOVENLY MAN'S GUIDE TO BEING A GOOD ROOMIE

As students head out to university, many for the first time, it's important to consider how to find a roommate and how to ensure they do all the cleaning.

Trust me, kids. Cleaning is the worst. For reasons that are now becoming clear to me, it's been many years since I've had a roommate.

But if there's one thing I took away from my time sharing a space with a near-stranger, it's that if he bought all the cleaning supplies, then clearly he should do the cleaning. It's the same set-up as when I was with my parents. What could be more homey?

It's a simple matter of compatibility.

If I found a dead animal in my apartment, I would put a Glade Plug-In in its mouth and maybe Febreze the carcass, if I thought it needed it. Balance dictates that my roommate should be a neat freak who wipes down surfaces even when — get this — there is nothing growing on them.

Cleanliness out of the way, here are a few basic guidelines that will get you and your roomie off to a great start:



HE SAYS

John Mazerolle

metronews.ca

Screening your roommate:

- Discover who is the Alpha by pecking at the person's head until someone relents.
- Be sure to complete BuzzFeed's What Kind of Roommate Are You? quiz.
- Things will run more smoothly if you choose someone on the same schedule as you: Up past midnight procrastinating, a two-hour anxiety wake-up between 3 and 5, and a panicked 7:45 scramble to your 8 a.m. class.

Settling in:

- Get out ahead on being "the weird one."
- Agree on a theme for the apartment, such as Arabian Nights or The Blair Witch Project.
- It's customary to say a few words about the Eternally Soaking Frying Pan before you place it in the sink, never to be removed again.
- Explain to your roommate early on that you are the type of person who would prefer not to be murdered in your sleep, so as to avoid any future arguments.

Long-term compatibility:

- In today's post 9/11 world, NEVER leave your bags alone in your apartment.
- If your roommate has a boyfriend or girlfriend, put them at ease by letting them know that they can make as much noise in the bedroom as they want, morning, noon or night.
- If your roommate is doing all the maintenance, ask for a rent reduction since they're obviously getting more out of the place.
- Remember that the passive aggressiveness you cultivate with your roommate will be useful as you climb the corporate ladder and navigate your first couple of marriages.
- Don't let things fester, especially flesh wounds.
- You paid half the damage deposit. You get to smash only your half.
- If you're both jerkwads, get a reality TV camera crew in there, stat. If you're both happy and laughing all the time, consider stock photography. And remember, if you have any run-ins with your roommate, the simplest solution is to come clean. As always, leave that to him.

Paint the town tomate



People throw tomatoes at each other, during the annual "tomatina" tomato fight fiesta in the village of Bunol, 50 kilometres outside Valencia, Spain, Wednesday. ALBERTO SAIZ/THE ASSOCIATED PRESS

Spanish village goes pulp after annual tomato fight fest

The streets of an eastern Spanish town were awash with red pulp today, as thousands of people pelted each other with tomatoes during Tomatina, the world's most famous food fight.

Every year, the fiesta begins at

around 10 a.m. with what's known as the palo jalon, in which brave revellers attempt to climb a greased pole to reach a ham, which has been placed at the top.

Then a loud signal begins the onslaught of tomato madness. Tonnes and tonnes of specially grown tomatoes are thrown into the town's main plaza, where they're crushed, so as not to cause injury.

The fight lasts an hour and covers the whole town square with red pulp. A large-scale cleaning operation ensues, involving fire hoses.

This is the second year non-resident participants were charged to take part. The town of about 20,000 people began charging to help pay off debts of some 5.5 million euros.

DAILYMAIL.CO.UK

By the numbers

125 tonnes

Amount of tomatoes dumped by trucks for 22,000 participants to pelt each other with.

MetroTube

Urban elites: That's not how you eat sushi



ANDREW FIFIELD

andrew.fifield@metronews.ca

We're all sophisticated city folk, right? We're urban elites, which means we like to fill the time between latte-sipping with such highbrow pursuits as eating sushi. But you can't just go stuffing it in your face like some kind of animal. A delicate dish deserves a delicate touch, and sushi chef Naomichi Yasuda is happy to teach us. (YouTube/Munchies)



THE CANADIAN PRESS FILE

Letters

Re: Indian youth celebrate Janmashtami festival, published Aug. 18, 2014

Last week, your paper carried an article about the festival "Janmashtami," which marks the birth of Krishna. The news item made a silly, sour reference to the divine representation, by using the expression "The Hindu God Krishna". One feels transported to the 18th or 19th century, when sundry travellers and Christian missionaries would use this type of terminology. "Krishna" is God represented in a certain manner, anthropomorphically. The supreme being is simply depicted in that way. It is not "God" apart from "God" in the Christian religion or "Allah" in Islam, or Yahweh in Judaic lore. It's the same God, that is the belief. **Varun Shekhar, Toronto**



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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Alt-country sound mixed with a psychedelic haze

Deep Dark Woods.
New guitarist Clayton Linthicum helps give Saskatoon band a different sound



BACKSTAGE PASS

Jared Story
winipeg@metronews.ca

There might be some magic mushrooms in The Deep Dark Woods.

Jubilee, the fifth album by The Deep Dark Woods, sees the Saskatoon band blanketing its alt-country sound in a psychedelic haze.

"I've been a huge fan of psychedelic music since I was a kid. I love the early Pink Floyd records and Grateful Dead records and all that sort of stuff," says vocalist/guitarist Ryan Boldt.

Released last October via Six Shooter Records, Jubilee was mostly recorded in a cabin near Bragg Creek, Alta. with psych-folk producer Jonathan Wilson (Father John Misty, Dawes).

However, for the album's keyboard parts, the band recorded in a Calgary studio where it had access to piano, organs, Novachord, celesta and Mellotron.

"There were all kinds of crazy instruments, so we just set up there for a day and did some keyboard overdubs," Boldt says.

"It was pretty cool. We thought we were just going in to record piano and found that (the studio owner) had



The Deep Dark Woods play the Prairie Barge Festival at The Forks on Saturday night. CONTRIBUTED

all those other things, so we just took advantage of everything that was in there."

Joining Boldt in The Deep Dark Woods is Chris Mason, Lucas Goetz, Geoff Hilhorst and newcomer Clayton Linthicum.

Prior to recording Jubilee, Linthicum, 20, had never played a live show with the band. Although the guitarist may be young, Boldt says he's wise beyond his years.

"I've known Clayton since he was 14 or something," says

Boldt, 31. "I met him in Chaplin, Saskatchewan. He was playing in a sh—y country band at the local rink and he was awesome. I got to talking to him and he knew everything about all the music I liked. We started hanging out and writing songs together. He's a really good lyricist and an amazing melody writer, too.

"I get along with him better than people my own age. He knows about everything I like. It's hard to find people

who know who Steeleye Span (English folk band) and Martin Carthy (English folk musician) are."

Linthicum might handle a gun as good as he does a guitar. In the video for 18th of December, the band plays a group of gun-toting outlaws who shoot at a Bonnie and Clyde-type couple from the box of a speeding pickup truck.

"We almost fell out a couple times. It was scary. But it looked good," Boldt says.

Details

The Deep Dark Woods play Saturday at 8 p.m. at the Prairie Barge Festival.

- **Lineup.** For a full schedule of events, go to theforks.com
- **Video.** To see a video of 18th of December, go to bit.ly/1tKldYj

2 SCENE

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Michelle Rodriguez ALL PHOTOS GETTY IMAGES

Tired of partying with Zac, Rodriguez returns to NYC and former female flame

Now that her summer fling with Zac Efron is behind her, Michelle Rodriguez is reportedly seeking comfort back in the arms of model Cara Delevingne, with whom she split before taking up with Efron, according to Radar Online. But don't call it a comeback — yet.

"Michelle needed to get away from Zac, and she got away from him by going to New York to see Cara. Michelle missed Cara's company," a source says.

"I wouldn't be surprised if Cara and Michelle are hooking up again. Cara is a girl — and it's no secret that Michelle likes that."

There's also the suggestion that recently rehabbed Efron might not be behaving himself as much as his publicist would like everyone to think. "Cara doesn't party in the same way that Zac does," the source added. "Part of the reason that Michelle and Zac broke up was because she couldn't handle his partying."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fan with phone busts Bieber's Buster's date with Selina

NED EHRBAR
Metro in Hollywood

Justin Bieber has probably had better weeks — I mean, I'm just guessing here.

First, he tries taking Selena Gomez out for a nice night at arcade funhouse Dave & Buster's — because of course he would — but he can't even enjoy a game of Need for Speed because a fan tried to snap some cellphone pictures of the pair, sending Bieber into a Wolverine-style berserker rage (because he's Canadian, get it?).

Bieber reportedly lunged at the man, grabbing for his phone, but was thwarted by his own security guards before he could make contact. (Do they get a bonus every time they have to stop Bieber from starting a fight he can't win? Because I hope so.)

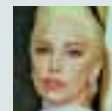
Police were called, Bieber hit the skids, and



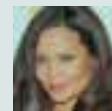
now he's being investigated for attempted robbery, theft and battery since the fan — whom I'm starting to think isn't such a fan after all — is looking to press charges, according to TMZ.

It's probably nothing really worth worrying about, except Bieber is still on probation for egging his neighbour's house. Where was his security detail then, huh?

Twitter



@ladygaga
I just played with Queen
I'm the happiest girl alive!



@thandienewton
The kid just hooked me up with emojis — where the hell is my emoji?! Did the creators not travel? Read magazines? Have TV? Books? friends?!



@ConanOBrien
I hope I never discover a genie when I'm really hungry, tired, or unhappy with my cellphone reception.



Jessica Alba

Alba's honest business valued at nearly \$1 billion

Maybe Jessica Alba would be better served not worrying about the whole acting-career thing. The household and baby products line she co-found-

ed, the Honest Company, has been valued at nearly \$1 billion in advance of a potential IPO, according to the Wall Street Journal. Alba's company is expected to post revenue for 2014 in excess of \$150 million, and it just raised an additional \$70 million in venture capital. So maybe she's not so concerned with whether or not there will be a third Sin City film.

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New season, old staples

Sale search. Now is the time to load up on tried-and-true wardrobe pieces as shops make room for their fresh fall looks

KATELYN ZBOROWSKI
life@metronews.ca

When most people hear the words “new arrivals,” they immediately picture a monster-size credit card bill and shopping bags that really aren’t full enough to justify the receipt hiding at the bottom.

Storefront displays filled with perfectly styled mannequins decked in fall’s finest are enough to tempt anyone to give their credit card a workout, but the savvy Metro shopper knows better.

New arrivals don’t need to cause price-tag panic. Why? It all comes down to the influx of new inventory and storage rooms that aren’t quite big enough to handle it.

To break it down in a rhyme, when new arrivals come to play, last season leftovers simply can’t stay.


And that means major savings for those who know where to look and for what.

So, what should shoppers seek? Lightweight, easy-to-layer textures.

When Preston Konrad, American Eagle Outfitters style director, was asked about the top item (no pun intended) to look out for, he shared the timeless classic: the cotton sweater.

Konrad says, “A cotton

The basics




Joseph Altuzarra for Target, Trench Coat, \$89.99
CONTRIBUTED




Forever 21, Frayed Paisley Scarf, \$9.57
CONTRIBUTED




American Eagle Outfitters, Skinny Jeans, \$44
CONTRIBUTED



Sole Society, Cutout Chevron Bangle, \$27 CONTRIBUTED



American Eagle Outfitters, Boy-friend Cardigan, \$33 CONTRIBUTED



ALDO, Sigiletto Boots, \$165 CONTRIBUTED

sweater is a great transition item.

“End of summer, it can be worn with shorts and cute sandals. Then, with a flannel and denim for

early fall.”

Sale shopping is about really getting into those racks and looking (read: hunting) for items that aren’t overly trendy,

but aren’t so basic they bore you.

Neutrals are must-haves in any wardrobe, but so are items that express your personal style ... just so long

as they don’t break the bank.

When you do decide to stray from the sale signage and make a full-priced purchase, invest in something you’ll get more than a single season out of.

Konrad shares that the new vegan motorcycle jacket from AEO is “perfectly tumbled and very detailed” and that you’ll get a lot of wear from it.

He shares that women can easily wear it “with flannels and acid wash denim for a grunge look, or over a cool dress for a night out.”

Is your style more “prep” than “punk”? Fret not, there’s still plenty in store for you, too.

Just ask Elisha Ballantyne, Target Canada’s divisional merchandise manager of apparel and accessories.

She says you can build up your fall wardrobe with easy-to-transition summer pieces by “layering lighter textures with heavier knits and denim.”

So, stock up on sale button downs and lightweight tanks.

According to Ballantyne, “this fall, it’s all about texture and pattern.” Bring on the layers!

You’ll find full-priced items that still feel like a steal.

The limited-edition Joseph Altuzarra for Target trench coat (\$89.99, available Sept. 14), is the quintessential layering piece for the fall-winter season.

Throw it on top of your favourite summer sweater and patterned scarf for a street style section-worthy ensemble in a snap.

Unlikely duo. Lady Gaga and Tony Bennett pair up for H&M ad campaign

After recording an album of duets, Lady Gaga and Tony Bennett will team up again to model looks from H&M’s holiday collection.

Though the pairing may seem unlikely, the two celebrities certainly seem to be a winning team.

After the release of their collaborative album, which is scheduled for Sept. 23, the two singers will appear in a series of H&M advertisements this winter. Lady Gaga and Tony



Lady Gaga and Tony Bennett AFP

Bennett will appear in a TV spot slated to air worldwide starting in late November. AFP

New

Ford corrals top designers for Mustang T-shirt

Ford has tapped Anna Sui and Pamela Love and other top designers for the creation of Mustang Unleashed, a limited-edition line of his and hers T-shirts celebrating the original Pony car. The collection of 15 designs will adorn 100 per cent organic cotton shirts made by U.S. ethical clothes maker Loomstate and will be sold by Gilt.com as of September at \$39 per item. AFP

Canadian Street Style

Name: Carla

Age: 28

Occupation: Graphic designer

Spotted in: Toronto

What she’s wearing:

A Détacher shoes, Topshop pants, Everlane Shirt, The Horse watch, and Raen Volant sunglasses.

Her inspiration:

Japanese minimalism

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3
THE

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HOMES

Hold everything — it's fall!

It's time to clear the summer clutter and get ready for fall. There's no need to stuff everything in a closet. Try a more attractive approach to keeping your favourite things tidy with storage solutions that add style to every room in the house



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



This mirror's got you pegged

In the foyer: Check yourself out while taming those leashes, hats and scarves. Peggy Mirror, \$359, UrbanMode.com.

Bevvie up to the bar cart

In the living room: Keep a cocktail party's worth of beverages and glassware on hand for lounging well into the night. Libations Bar Cart, \$699, CrateAndBarrel.com.



A cozy case for champagne tastes

In the dining room: Keep your champagne flutes protected between grand affairs. Microfibre Flute Storage Case, \$18, BedBathAndBeyond.ca.



Reach for the stars

In the kitchen: Keep your spices, sea salt or tea stored in Moroccan style. Denby Monsoon Alhambra Storage Jar, \$30, TheBay.com.

Clear the way

In the bathroom: Perfectly clear acrylic disappears on the wall to float all your bath essentials. Format Storage Shelf, \$80, CB2.com.



Stow it below

In the bedroom: Gain the equivalent of an extra dresser by sliding drawers under your bed. Brusali Under-bed Storage Boxes, \$42.50, IKEA.com.



Cooler Cooler breaks Kickstarter records

Cooler for 21st century. Campaign hauls in more than \$10M in pledges

A beachside drinks and food cooler for the digital generation is now officially the most suc-

cessful Kickstarter campaign of all time, raising an incredible \$10.36 million in pledges, and the campaign is yet to close.

And as the money has rolled in, the Cooler has become, well, cooler. When it ships to its first backers in February it will also have a retractable protective

drawer for storing smartphones and the like, a removable rechargeable battery, and will be able to automatically pair with another Cooler Cooler for stereo speaker sound.

The Cooler Cooler Kickstarter campaign closes on Aug. 30. **AFP**



The Cooler Cooler. COOLEST

Chill companion

As well as insulating perishables from the elements, the Cooler Cooler has:

- An integrated battery-powered blender for smoothies and cocktails.
- A water-resistant Blue-

tooth speaker.

- A built-in chopping board.
- A USB charger for keeping smartphones powered up.
- Chunky tires for easy rolling over the sand.

Pg. 148
helps sell
your house.

The Most
Helpful Book
in the World
is here.



Dash of spice and lots of soul

Creole Jambalaya.

Louisiana cooking combines classical French, Spanish and Anglo-Saxon cuisines. This is a classic dish found all over the region

"This dish is a close cousin to Spanish paella and they say it originated in New Iberia, La., which was originally a Spanish settlement," write Frances Wood and Thessavan Maniceavasakan in the Southern Accent Cookbook.

"This is a good recipe for using up any leftover meats!"

The book also notes that when removed from the oven, the pot should remain covered as it will keep cooking and be ready to serve in 30 minutes.

"If you are planning to serve at a later time, transfer into an ice bath which will stop it cooking further. That way, when you are ready to serve and reheat, the rice will not overcook," write Wood and Maniceavasakan,

1. Combine spice mix and set aside.

2. Heat oil and sauté all meats with bay leaves for 8 minutes, add vegetables and sauté until tender-firm.

Ingredients

Spice Mix

- 3 tsp salt
- 2 tsp cayenne
- 2 tsp ground white pepper
- 4 tsp ground black pepper
- 2 tbsp oregano
- 1 tsp thyme
- 4 tbsp vegetable oil
- 1 1/2 cups smoked ham, cubed
- 1 cup Andouille sausage, sliced
- 1 1/2 cups chicken or turkey breast
- 3 bay leaves
- 1 1/2 cups onion, chopped
- 1 1/2 cups green pepper, chopped
- 1 1/2 cups celery, chopped
- 1 tbsp minced garlic
- 2 cups plum tomatoes
- 1/2 cup chili sauce
- 1/4 cup tomato paste
- 2 1/2 - 3 cups chicken stock
- 2 cups rice

3. Add spice mix and garlic and cook 3 minutes.

4. Stir, scraping pan bottom periodically.

5. Add plum tomatoes, chili sauce and tomato paste, and bring to a boil.

6. Add stock and return to a boil.

7. Add rice, stir well, and bring to a boil.

8. Cover and cook in oven at



This recipe serves six to eight. ELIZABETH BEDDALL OF LIZBEDDALL.COM

400 F for 20 minutes.

9. Stir thoroughly when removed from oven.

RECIPES ADAPTED FROM SOUTHERN ACCENT COOKBOOK: OUR CAJUN, CREOLE & SOUL EXPERIENCE BY FRANCES WOOD AND THESSAVAN MANICEAVASAKAN (2014).

Cookbook of the Week

Bring Cajun and Creole to your table



Toronto staple Southern Accent restaurant commemorates its 30th anniversary with Southern Accent Cookbook.

Written by founder Frances Wood and co-owner and chef Thessavan Maniceavasakan, the book offers a 144-page collection of recipes, images and anecdotes. Southern Accent Cookbook features recipes such as Hush Puppies, Blackened Chicken, Shrimp Etouffée, Bread Pudding and more. **METRO**

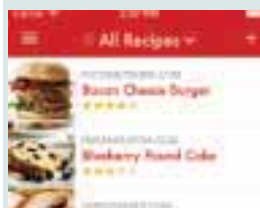
For your phone

Paprika Recipe Manager (iPhone/iPad/Android/Mac; \$4.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

The best tool for clipping web recipes and digitizing your personal cookbook, this kitchen organizer includes smart grocery lists, multiple timers, a pantry tracker, and a meal planner. Very helpful.



Lunch. Chilled Avocado and Cucumber Soup

1. Purée ingredients in blender.

2. Taste and season with salt

Ingredients

- 2 English cucumbers, peeled and diced (1/4 cup reserved for garnish)
- 2 avocados, pitted, peeled and diced (1/4 cup reserved for garnish)
- 1 tsp finely grated lemon zest, plus 1/2 tsp fresh lemon juice
- 1/4 cup coarsely chopped fresh cilantro, plus sprigs for garnish
- 2 scallions, white and pale-green parts only, coarsely chopped
- 1 jalapeno, seeded and coarsely chopped
- 3 cups non-fat plain yogurt
- 1 cup cold water
- 1 cup of buttermilk
- Coarse salt and freshly ground black pepper to taste



This recipe serves six to eight.

ELIZABETH BEDDALL OF LIZBEDDALL.COM

and pepper

3. Cover with plastic wrap. Refrigerate 30 minutes or more.

4. Divide soup and reserved cucumber and avocado among six bowls. Garnish with cilantro sprigs.

Open wide: It's Burger Week in Winnipeg

Sept. 1-7. Event celebrates the best burgers in a city famous for its Nips.



SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

It's a seven-day celebration of the most-loved food in North America. Burger Week kicks off Monday in Winnipeg. Consider this your permission slip to don stretchy pants and sample the upscale creations from the city's finest establishments.

A fried egg makes several appearances as a topping, including on the Tickle My Pickle Burger from Marion Street Eatery, the Madame Bison Burger from Promenade Café & Wine and the Italo Burger from Pizzeria Gusto.

Burgers even take on unique shapes for this event. Burrito Splendido's Chorizo Burrito Burger is a Manitoba pork chorizo patty with melted cheese, topped with salsa, mexi slaw, oven roasted jalapeno, lime and chipotle mayo—all grilled inside a wheat tortilla.

Bernstein's Deli puts a breakfast twist on the burger with something called Sweet 2 Meat U. It's a

beef sausage patty topped with four strips of bacon, a buttermilk pancake, chipotle maple syrup and organic strawberry jam, all served on toasted challah bread.

Inn at the Forks offers perhaps the largest burger in the line-up with a 12-ouncer topped with bacon, cheese, onions and more. Elements strays from beef with their lamb-burger hamburger with local greens, slow roasted tomato relish and housemade feta.

Cibo Waterfront Café is dishing up The Rob Ford—a burger with two patties, bacon, smoked cabbage coleslaw, charred onion aioli on a smoked cracked black pepper beer bun.

Winnipeg is one of five cities participating in the event. So far, 27 Winnipeg restaurants are on the list. Visit <http://leburgerweek.com/> for all the details.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Got a food story idea? shel@shelzolkewich.com



The Shannon Burger can be found at Shannon's Irish Pub next week. PHOTO CREDIT: LEBURGERWEEK.COM

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Pack healthy, school-friendly lunches

Food fights. Give your kids something they are going to eat

JACQUELINE KOVACS
For Metro

Of all the routines associated with kids going back to school, it's packing the lunch that fills most parents with dread. And no wonder: not only do you have to worry about sending something your child will actually eat, but you also have to consider their school's policies around food.

That's why registered nutritionist Lianne Phillipson-Webb, founder of SproutRight.com, says your first step is to find out if your child's school allows such foods as fish, egg, and dairy (nuts and tree nuts are always a no-no). Beyond that, she says, making tasty, healthy lunches is both easy and a great

learning opportunity for children. Here's why.

Get buy-in

Let your child know the formula and fill in a chart together with the different foods they like. Explain that they can choose from that chart for their lunch everyday — the two of you can even plan a week in advance to stave off morning-rush panic. Then you can be confident you're not sending them off with something they don't like and you've hit lunch nirvana, right?

Hand it over

If only. Sometimes that lunch you've packed comes right back home with barely a nibble gone. What then? "You say, 'That's it. I'm not packing your lunch anymore,'" said Phillipson-Webb, "and you have them make their lunches, using the formula." Take them shopping with you, she said. They'll be

Easy as 1, 2, 3 ... 4

Breaking school lunches down to a formula:

One protein: that could be eggs, cheese, meat, quinoa, fish, tofu, beans, lentils, or tempeh. **One carbohydrate:** the list includes whole-wheat bread, buns, wraps, rice, pasta, bread sticks, crackers, naan, and a wealth of artisan breads. **One fruit:** apples, berries, pears, oranges, grapes, clementines, and so on. **One vegetable:** the rule here is as colourful as possible, so think red pepper strips, baby carrots, zucchini spears, broccoli florets, sugar-snap peas, and more.

more inclined to eat something they helped buy and then put together themselves.

Plus, said Phillipson-Webb, when kids make their own lunches they give themselves the right quantity. "Little tummies can get overwhelmed when parents pack too much food," she said, "and then they might just reject the whole thing." Packing their own lunches also teaches kids which foods can sit in their bag

for a few hours and still taste good at lunch. "It empowers them," she said.

No junk food

The one area that parents shouldn't hand over, though, is the quality of food their child takes to school. "I don't think there's a place for junk food in school," said Phillipson-Webb. "These kids are going there to learn and if you feed their bellies with the empty cal-



ories of sugary pop, chocolate bars, and chips, they're going to feel good for half an hour and then they're going to crash."

That crash makes it difficult for children to concentrate and behave — directly impacting their ability to learn. "Set a precedent," says Phillipson-Webb.

"Tell them, 'Pop or chocolate is a treat we have sometimes at home,' and explain why that is and what the im-

plications are. They need good food because they've got to learn."

Consider the presentation

Another way to beat lunch-bag letdown is to get creative. Go online with your child and look up cool lunch ideas on recipe websites and social media. "Look up 'skewers' on Pinterest, for example, for fun things to do with fruits, vegetable, and cheese," she suggested.

Back-to-school gear hits the stores

Kids' fashion. Characters, camo all the rage with grade schoolers this fall

ASTRID VAN DEN BROEK
For Metro

Angry Birds. Spiderman and fellow superhero Captain America. Hello Kitty. When it comes to back-to-school shopping for the Grade 6 and under set, this age group's magnetic pull to licensed products isn't weakening any time soon.

"Licensed items are huge with kids," said Elena Delli Pizzi, the Richmond Hill, Ont.-based associate category manager for Staples Canada. "And

this year, Marvel is really hot with the new Spiderman movie just released. So you'll see a lot of Spiderman and that carries over to Captain America and whatnot. And then also licences for backpacks from Monsters High to Skylanders and Hello Kitty, which is also always popular."

And while kids this age choose to display their allegiances by wearing their favourite characters on their backpacks or on T-shirt fronts, they're also a group that's not afraid to pull on some bright colours. "For girls' wear, it's still all about pink — it continues to be the number one colour in girls wear," said Karen Speirs, director of product development,

apparel for Walmart Canada. "But shades range from bubblegum pink for little girls to dark fuchsia pink for big girls. And then it's the blues, ranging from mid-tones of Hawaiian ocean for the little girls, to dark cobalt blue for the bigger girls. And then shades of purple really going from mulberry magic kind of look,



Graphic long-sleeved T-shirt Walmart, \$7

so a purple/pink tone to a dark purple in big girls. It's all paired with the neutral the season which is grey — light grey in girls, marbled or solid."

And in the boys, well their colours seem to be inspired by the brightly-hued world of superheroes and action figures, notes Speirs. "So for boys, it's all about the bright cobalt blue, fire engine



Fleece-lined camo hoodie Walmart, \$18

red, pumpkin orange and it's grounded with navy or grey," she said. "From little boys to older boys, the orange really changes to a bright neon yellow and it's grounded by more neutrals such as grey."

Leisure pants and tights seem to continue in popularity with the younger girls — and on top of those bright colours are an ever-growing choice of patterns beyond cupcakes and hearts. This fall, girls will be able to choose from patterns scattered over their legs such as paint splatter, camouflage, jellybeans, doughnuts, tie dye and more. (Camouflage is its own rising trend in fall clothing, though it's updated, featuring background colours and

can be found on anything from combat boots for kids to fleece hoodies.) And while regardless of age, this fall, racks will carry a number of athletic clothing and varsity-type clothing featuring a range of sports-inspired touches such as incorporating moisture wicking-materials, reflective and neon accents and numbers adorning a number of clothing items. Yet, the leisure seems to be a growing trend as well.

"In the bottoms for boys as well, there is a trend happening with soft-dressing pants and that's a new look," said Speirs.

"The pants and the jogger, it's getting just a bit more relaxed and that's becoming a huge trend."

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CFL

Redblacks make offer to Dressler

The Ottawa Redblacks are making a play for coveted slotback Weston Dressler.

Redblacks' general manager Marcel Desjardins said Wednesday he has made a contract offer to the former Saskatchewan Roughriders star, who cleared NFL waivers Tuesday after being released by the Kansas City Chiefs. Desjardins added he hasn't immediately heard back from Dressler's camp and wasn't sure when he would.

"We've made an offer and that's pretty much where it's at," Desjardins said.

Ottawa isn't the only team to have made a pitch to Dressler. A CFL source requesting anonymity said Saskatchewan has also offered him a deal.

THE CANADIAN PRESS

Impatient

Gaydosch can't wait to learn where to go next

Patience is not exactly Linden Gaydosch's forte.

The six-foot-four, 305-pound defensive lineman says he's "going stir crazy" dealing with the uncertainty that is his fledgling pro football career. Gaydosch, taken first overall by the Hamilton Tiger-Cats in last year's CFL draft, was released Sunday by the Carolina Panthers and will wait for the NFL's final cut-down this weekend to see if he can land a practice-roster spot with another team.

If not, then the 23-year-old native of Peace River, Alta., will gladly sign with the Ticats. **THE CANADIAN PRESS**

Ex-Bombers' coach enters Hall of Fame

Honour. Dave Ritchie to be inducted on Oct. 22

Former head coach Dave Ritchie doesn't have to think too long and hard when asked about the highlight of his six seasons with the Winnipeg Blue Bombers.

Ritchie coached the Bombers from 1999 to 2004, taking the team to the Grey Cup in 2001 after a first-place finish in the East and 14-4 season. They lost the Grey Cup that year to the Calgary Stampeders.

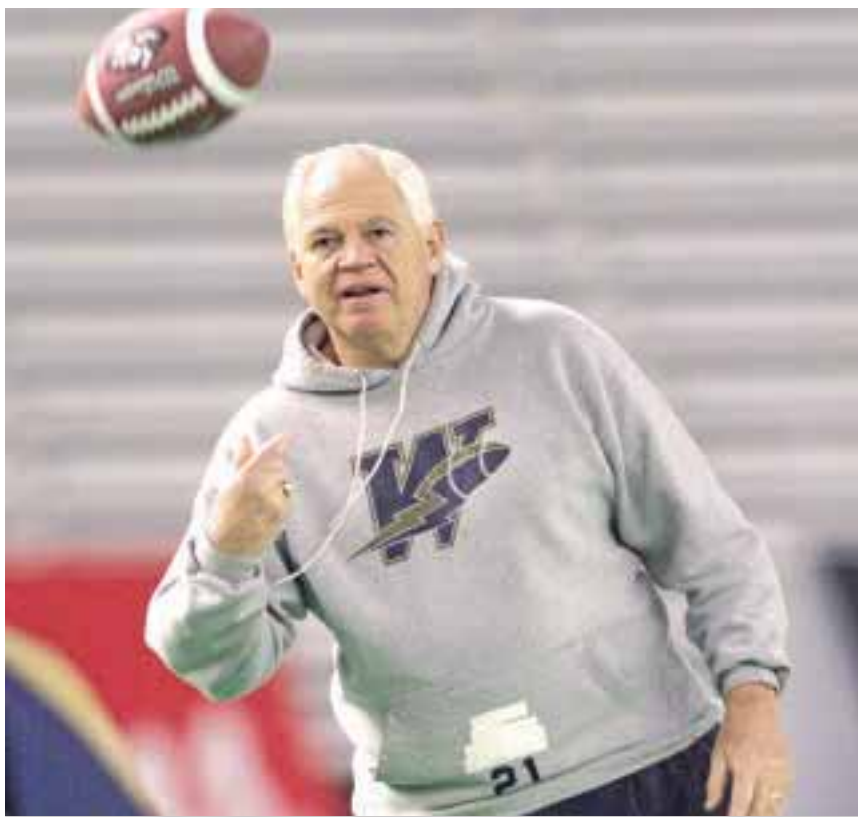
"Probably watching that 2001 team play," he picked as his high-water mark.

"(Quarterback) Khari Jones won, I believe, 12 games in a row. Then I rested a few guys. Probably if I had to do it all over again, I wouldn't have rested those seven or eight guys."

The Bombers are inducting Ritchie, along with defensive linemen Tony Norman and Jim Heighton, into their Hall of Fame on Oct. 22 at the team's Legacy Dinner. Former Board member Bill Morton, who helped create the Hall of Fame, is also being inducted.

Ritchie was on the phone for the announcement from his home in the U.S. and says he still remembers how great that 2001 team was, with such players as Jones and receiver Milt Stegall, both already in the Bombers Hall of Fame.

"I loved the players, I loved Winnipeg," he said.



The Bombers are inducting former coach Dave Ritchie into their Hall of Fame on Oct. 22. **RYAN REMIOWZ/THE CANADIAN PRESS**

Quoted

"I loved the players, I loved Winnipeg.... Thank you very much."

Former Bombers coach David Ritchie

"Thank you very much."

He retired from the CFL in 2008, after being passed over for head coach of the Saskatchewan Roughriders

in favour of Ken Miller. Ritchie also coached the B.C. Lions for three seasons, winning a Grey Cup in 1994, and coached Montreal

in 1997 and 1998, before taking over in Winnipeg.

He sits third on Winnipeg's list of most coaching wins at 52, behind Cal Murphy at 86 and the legendary Bud Grant at 102.

Heighton played for the Bombers from 1970 to 1978 and Norman from 1980 to 1986.

THE CANADIAN PRESS

Sharapova dodges embarrassing upset



Maria Sharapova, of Russia, blows kisses to the crowd after defeating Alexandra Dulgheru, of Romania, during the second round of the 2014 U.S. Open tennis tournament on Wednesday. **MATT ROURKE/THE ASSOCIATED PRESS**

Maria Sharapova's serve and her groundstrokes were abandoning her. What she had was her conditioning.

The five-time major champion rallied from a set down to beat 95th-ranked Alexandra Dulgheru 4-6, 6-3, 6-2 in the second round of the U.S. Open on Wednesday. Sharapova overcame nine double-faults and 46 unforced errors to improve her record in three-set matches this year to 17-6.

Dulgheru had played just twice since mid-July, and she

Men's match

Canada's Frank Dancevic fought for more than 3-1/2 hours, before losing a marathon to Joao Sousa 7-6 (6), 3-6, 6-2, 4-6, 7-6 (2), to exit in his opening match at the U.S. Open on Wednesday.

was dragging as the match approached two hours late in the second set.

On a hot, windy day, with

the shadows shifting as late afternoon turned to evening, the fifth-seeded Sharapova avoided another upset on the women's side. Fourth-seeded Agnieszka Radwanska and 21st-seeded Sloane Stephens lost earlier.

The Russian star won her second French Open title in June but hasn't looked all that sharp since. Still, she hasn't lost in the second round at the U.S. Open since her Flushing Meadows debut in 2003.

THE ASSOCIATED PRESS



NHL Commissioner Gary Bettman speaks on June 27, during the first round of the 2014 NHL Draft at the Wells Fargo Center in Philadelphia, Pa. Bettman has been coy about the league's expansion amid reports indicating there are solid plans in the works for up to four new franchises in the near future.

BRUCE BENNETT/GETTY IMAGES

NHL expansion: Is it a fact or fad?

Coming soon? Top brass non-committal but 'done deal' reports fuel speculation

NHL expansion is likely coming in the near future, though the league hasn't committed to any official plan just yet.

For more than a year, commissioner Gary Bettman has said the NHL is listening when approached by cities interested in acquiring a team, even though there's no formal expansion process underway. Amid reports this week indicating solid plans are in place, deputy commissioner Bill Daly said there's "nothing new to report on this subject."

Status quo doesn't necessarily mean the NHL won't eventually expand to Las Vegas, as the Vancouver Province reported Tuesday was a "done deal." And it doesn't necessarily discount the possibility of

By email



"Nothing new has happened."

NHL deputy commissioner Bill Daly

adding four teams by 2017, one each in Las Vegas, Seattle and Quebec City and a second in Toronto, as SportsBusinessNews.com reported via Twitter.

Getting to 32 teams sooner rather than later would make sense for a league that moved to unbalanced conferences with 16 teams in the East and 14 in the West beginning last season.

Officially, expansion is not on the agenda. But that doesn't stop the speculation.

"We listen when people say, 'We'd like to come visit you and tell you why we're interested and where we're interested,'" Bettman said in June.

Plenty of cities are interested, including Portland, Hamilton and Kansas City. But even with a new, lucrative Canadian TV deal and growing revenues, the NHL doesn't have to rush into anything.

Expansion is tempting because fees don't count toward hockey-related revenue, which gets split between owners and players.

Any kind of expansion fee, which could run in the neighbourhood of \$300 million or more, depending on the market, would be money the owners don't have to share.

Getting to 32 teams — 16 in the East and 16 in the West — makes for better playoff math and easier scheduling and would also tie the NHL with the NFL as the leagues with the most teams.

Any kind of expansion requires approval from the board of governors. The NHL hasn't expanded since 2000, when the Columbus Blue Jackets and Minnesota Wild joined

AUGMENTED REALITY

→ Use your Metro News app to scan the photo above and find out more pros and cons of the four main cities in contention for a new NHL franchise.



→ See the full instructions on Metro's Voices page.

the league.

With the state of business being pretty good, the league could look to change that in the coming years.

"I think if, in fact, we get to a point where there's enough interest in enough places that it warrants consideration, then the board of governors may well invoke a formal expansion process and we'll look at everything," Bettman said in June.

THE CANADIAN PRESS

Jays. Stroman, Valencia lead the way in victory over Red Sox in Toronto

A strong outing by rookie pitcher Marcus Stroman and three-run homer by pinch-hitter Danny Valencia, his first as a Blue Jay, lifted Toronto to a 5-2 win over the Boston Red Sox on Wednesday night.

Toronto scored four runs — including two unearned — in the seventh inning with Valencia's bat leading the way. That made a winner out of Stroman, who was on cruise control other than hitting a two-run bump in the sixth inning.

Jose Bautista also homered for Toronto for the second day in a row as the Jays (67-66) snapped a string of three losses — and four extra-innings games.

Stroman (8-5) left to an ovation from the Rogers Centre crowd of 30,285 with two outs in the eighth. He gave up one unearned run on five hits, striking out six and walking one. Stroman threw 112 pitches, 73 for strikes.



Blue Jays' pitcher Marcus Stroman
THE CANADIAN PRESS

Left-hander Brett Cecil retired David Ortiz to end the eighth inning and struck out the side in the ninth for his fifth save.

The win was just Toronto's seventh in 23 games in August. The Jays had lost 10 of their past 13 games and 12 of 17. THE CANADIAN PRESS

Clippers. Doc Rivers to coach another five years

Doc Rivers is staying to coach the Los Angeles Clippers for another five years.

In Steve Ballmer's first big move since taking over as the new owner, he gave Rivers a contract extension through the 2018-19 season.

Ballmer said Wednesday it was one of his top priorities to ensure that Rivers remains as the long-term leader of the team. Rivers was a stabilizing force for the franchise during the upheaval created by former owner Donald Sterling's racist remarks that led to his ouster after 33 years of ownership.

"Not only is Doc one of the best coaches and executives

Fanboy

"He ... embodies the hard-core, committed and resilient character and winning culture that the Clippers represent." Clippers owner Steve Ballmer

in the game, but he continually embodies the hard-core, committed and resilient character and winning culture that the Clippers represent," Ballmer said, repeating the "hard-core" theme he uttered during last week's fan rally.

THE ASSOCIATED PRESS

Head injuries in soccer

Lawsuit pushes for soccer leaders to change safety rules

Soccer has now been caught up in the growing legal debate over head injuries.

A group of soccer parents and players filed a lawsuit seeking new safety rules aimed at preventing concussions in the sport.

The lawsuit was filed Wednesday in San Francisco

federal court and seeks class action status on behalf of current and former soccer players who competed for teams governed by FIFA and several U.S.-based soccer organizations.

The NFL, NHL and NCAA have all faced similar lawsuits.

In a proposed legal settlement in another case, the NCAA last month said it will toughen return-to-play rules for players who receive head blows. THE ASSOCIATED PRESS

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

If you feel trapped by your current situation you must find ways to cut yourself free. You have your own plans and intend to follow them.

♉ Taurus

April 21 - May 21

Be on your guard today, especially when dealing with money matters. There is a danger someone will try to cheat you, and if your mind is elsewhere they may succeed.

♊ Gemini

May 22 - June 21

A difference of opinion may be annoying but it is of no real importance, so don't go to war over it. Be confident enough in your own beliefs that you don't need other people's approval.

♋ Cancer

June 22 - July 23

With Mars, planet of ego, moving through the most dynamic area of your chart you could not care less what other people think.

♌ Leo

July 24 - Aug. 23

You may fall out with someone you live with but nothing bad is likely to come of it. Whose fault it was in the first place is unimportant – what matters is that you move on together.

♍ Virgo

Aug. 24 - Sept. 23

You will need to take steps to control negative feelings. Be especially careful what you say in front of important people. Criticism won't go down well.

♎ Libra

Sept. 24 - Oct. 23

You will make your point more effectively today if you stay calm and back up your arguments with facts that can't be denied.

♏ Scorpio

Oct. 24 - Nov. 22

If you are too aggressive today, it could have consequences. Try not to take anything too seriously and try not to take what others say personally.

♐ Sagittarius

Nov. 23 - Dec. 21

You'll have to make a difficult choice. Don't worry what others may think of it. Worry only that if you don't act soon the matter may be taken out of your hands once and for all.

♑ Capricorn

Dec. 22 - Jan. 20

The best way to boost your confidence is to tackle tasks that require total concentration. The less time you have to worry about problems, the more likely it is they'll resolve themselves.

♒ Aquarius

Jan. 21 - Feb. 19

Be careful what you say over the next 24 hours, especially when dealing with powerful people. You may have strong feelings about certain issues but keep them to yourself.

♓ Pisces

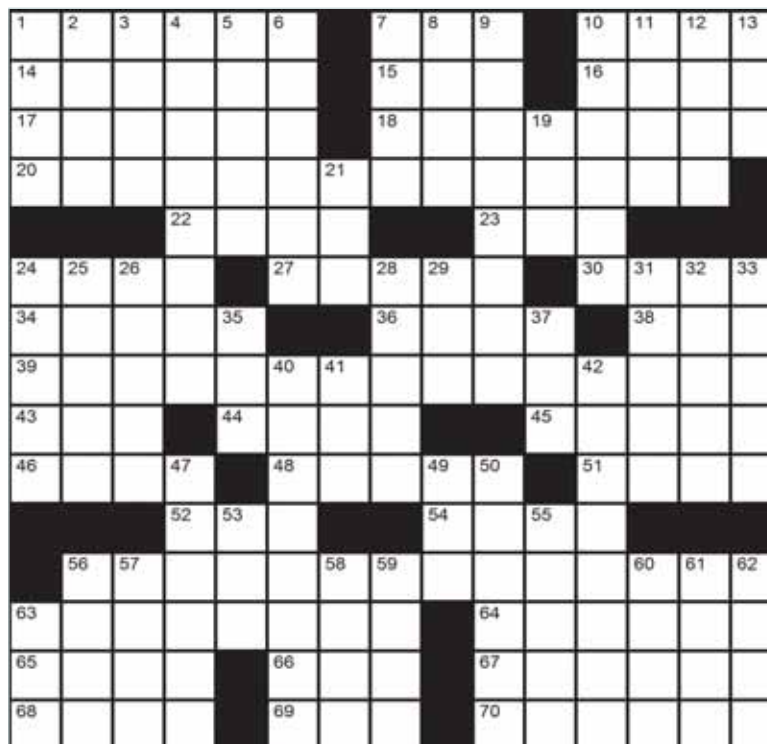
Feb. 20 - March 20

You feel obliged to favour one thing over another but it is for the best? The planets indicate you have been pushed in that direction by people who have a vested interest in what you do.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Beatles guru, Maharishi __ Yogi
7. __ Hortons
10. Sporty striped shirts, shortly
14. Bob Dylan's "A Hard Rain's -__ Fall"
15. Charles Dickens: Bleak House girl
16. Cholers
17. Steve __, "The Six Million Dollar Man" character
18. Southern Alberta village
20. Bit of Kim Stockwood's "Jerk": "I used to want some explanation / Now all I want is __-__-__"
22. "Makes sense now!": 2 wds.
23. "Tsk!"
24. Hawk
27. "Key __" (1948)
30. Duration
34. A Lesson from __ (Athol Fugard play)
36. Dionne Warwick's "Walk __-__"
38. Alter __
39. 2005 Rachel McAdams movie: 2 wds.
43. West __ (The Great Gatsby setting)
44. US campus mil. program
45. "American Pie" Chevy-driving spot
46. Like bottled hair
48. House sections
51. Actress Nikki
52. Toreador's taunt



54. Some soil
56. - - - - (Quebec locale which in English is called Whale Head)
63. Name of the Calgary Stampede's touchdown horse: 2 wds.
64. Baby cat

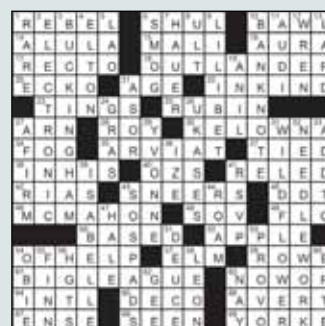
65. Latin 'year'
66. 1
67. Synchronicity
68. Feel
69. Days opp.
70. Nuts

- (1943) starring Spencer Tracy
3. Setting of Global TV's "Remedy" [abbr.]
4. Required/meant
5. Vexed states
6. Fairytale brother
7. Sprinkled sweat-stopping stuff
8. Fan's favourite

9. Winnipeg: __ Legislative Building (More at #42-Down)
10. Does like Rosie in WWII
11. "All By Myself" by __ Carmen
12. Audio __
13. NNE opposite
19. Wildebeest

21. Politician's positive
24. Did carpentry
25. Dirge
26. Veronica of Archie Comics
28. Celebrity chef Mr. DiSpirito
29. "Patience" rock gr.
31. Annoy
32. Concur
33. Hard-__ (Tough)
35. Formal fellow
37. Fashionable monogram
40. "Just wondering, that's all.": 2 wds.
41. '60s lettered car
42. Symbols.Hidden Meanings.Cyphers... __ Code Tour, at the architectural marvel at #9-Down
47. E-business
49. Blue Jays org.
50. "___ the Sun" by Sheryl Crow
53. Currency in Albania
55. Skirt style
56. Melody
57. Mozart's "___ Kleine Nachtmusik"
58. Dryer's fluff
59. Choppers
60. "___ date!"
61. Vegas illuminator
62. Austrian river
63. '___ in Quebec

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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